

## Book and DVD reviews

### Male Pelvic Fitness: Optimizing Sexual and Urinary Health

By Andrew L. Siegel

Rogue Wave Press, New York, NY, 2014, 152 pages, paperback, US\$14.99  
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According to the back cover, *Male Pelvic Fitness: Optimizing Sexual and Urinary Health* is intended to reveal the “little known powers of the mysterious pelvic floor muscles and how to harness their potential”. Over the course of 11 chapters, Dr Andrew L. Siegel goes from the “Marvels of the Penis” to “Pilates and Male Pelvic Fitness”.

Chapter 1 begins by introducing the reader to the “ultimate multi-tasker”, otherwise known as the penis. This section discusses its different uses, anatomy, size and sexual response. Along with the next chapter, “The Penis and Nether Parts”, this provides the reader with an extensive anatomical education, serving as either an introduction or a recap. The book is helpfully laid out,

with highlighted sections named “Bottom Line” and “Who Knew?” respectively providing summaries of each paragraph and interesting facts. This helps to lighten the information-dense text, while also offering new material.

Chapter 3 provides an extensive explanation of male sexual problems. Siegel discusses the causes and management of erectile dysfunction using clear terminology, and also deals with ejaculatory issues and anorgasmia.

The fourth chapter is entitled “Member Benefits: Practical Applications of Pelvic Floor Muscle Fitness”. Although the primary message of this section is that treatment is essential, the prevention of symptoms is also strongly promoted. The author systematically goes over the role of pelvic floor muscle (PFM) rehabilitation for different symptoms, including erectile dysfunction, stress urinary incontinence and pelvic pain. The problems associated with each symptom are also outlined, and Siegel discusses the science and premises that lie behind any solution.

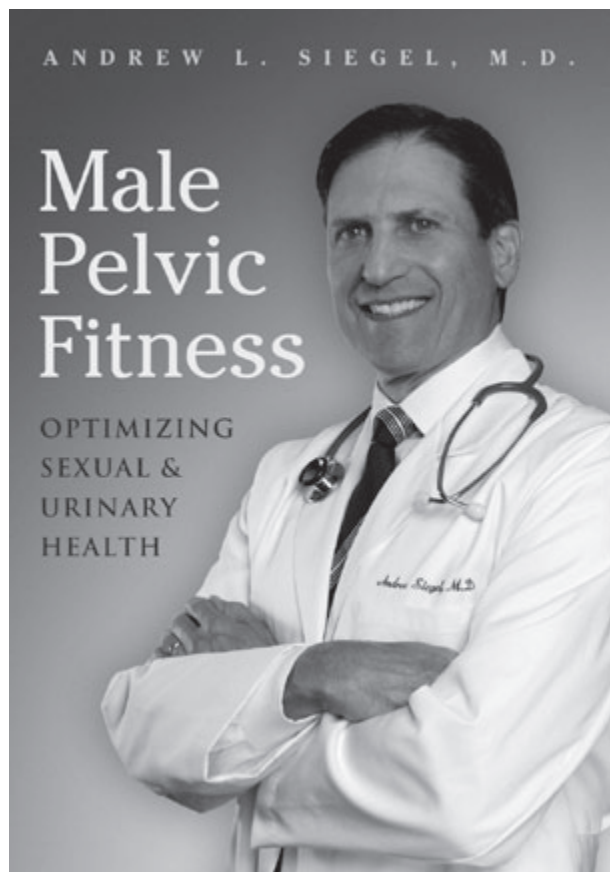
Chapter 5 takes a slightly different turn as the author moves away from solely concentrating on the pelvic floor in order to consider the other “muscles of love”, including the core and external hip rotators.

The sixth chapter deals with the anatomy of each muscle of the pelvic floor. Using clear diagrams, the author describes the origins, insertions and the individual roles of the PFMs, and the other core muscles and external rotators.

Leading on from this, Chapter 7 walks the reader through self-palpation of the pelvic floor and penile anatomy. This would be helpful for both male readers who are trying to understand their bodies better, and physiotherapists who are trying to improve their palpation and assessment skills.

The next chapter describes several different PFM training regimens. Siegel provides brief overviews, and also directs readers to appropriate websites. Reference is made to the basic training section of the *Private Gym* DVD (see pp. 77–78), which may help to support men who are beginning to perform PFM exercises (PFMEs).

Chapter 9 provides a clearly written explanation of basic training, and this is then supported



by Chapter 10, which covers more-advanced resistance training.

The book concludes with a chapter on Pilates and male pelvic fitness. This is presented as an interview with Catherine Byron, a Pilates trainer. Ten foundational exercises are provided for men who want to strengthen their “muscles of love”. Clear photographs and lucid explanations will allow male readers to perform self-guided exercise.

*Male Pelvic Fitness* is a very interesting read. It would be extremely helpful to women’s health physiotherapists who are branching out into the world of men’s health. The book could also be recommended to: male patients who want to understand their own or their partner’s bodies better; women who are trying to understand men better; and any healthcare professionals who are treating men with a variety of distressing symptoms.

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